

# PLAINVILLE SENIOR CENTER

## Events & Resources



March/April 2025

### COUNCIL ON AGING

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Michelle Saucier-Silva  
*Administrative Assistant*  
Stacey Powell  
*Outreach Coordinator*  
Kristen Parsons-*Transportation*  
Don Pickener - *Facilities*

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Walter Sholudko, *Treasurer*  
JeanTaylor, *Secretary*

#### HESSCO KITCHEN

Jean Taylor, *Manager*



Happy spring 2025!

One of the most beautiful seasons of the year! Massachusetts has some of the most beautiful spring flowers such as tulips, daffodils, cherry blossoms, and hyacinth. Birds welcome the warmer air with their cheerful songs, and it seems that nature comes alive with joy of longer days and fresh clean air. Spring brings the feeling of hope and life.

We feel the same. We are joyful to introduce some new programs this spring as well as looking forward to the influx of seniors that leave their winter hibernation and come to see what all the fun is about at the senior center. We have activities and exercises to keep you healthy. Try one; you may just love it!

The excitement continues with a celebrity coming in March! Jeff Kinney Diary of Wimpy Kid fame, as well as an amazing philanthropist, is coming to the center. We continue to have some educational sessions as well as an in-person grief discussion group. Your favorites are back, including the Kentucky Derby party and bingos of all kinds to play. We look forward to seeing you soon!

PLAINVILLE COUNCIL ON AGING / SENIOR CENTER

9 School Street, Plainville, MA 02762

Phone: (508) 699-7384 Fax: (508) 699-1325

*To view newsletters online, see instructions on back page*

Senior Center Hours: Monday - Friday 8:30am - 3:30pm (Except Holidays)

## **SOCIAL SERVICES**

### **Outreach/ Information & Referral**

Assistance is provided to adults age (60+) for needs assessment and information for appropriate referrals for community, State and Federal resources and entitlement benefits, including legal issues, fuel assistance, food stamps, housing and healthcare needs. Call for an appointment with Stacey Powell, Outreach Coordinator 508-699-7384 (no walk ins please)

### **SHINE Counseling**

Insurance information consultation. Call the Center for an appointment. Must be a Plainville resident.

### **Veteran's Benefits Counseling**

Scott Smith can answer your benefits questions. 508-699-0120  
Wednesdays by appointment. 12-2pm

### **Self-Help Fuel Assistance**

Eligible persons may receive fuel assistance, utility and phone discounts. Contact the center.

### **Plainville Housing Authority**

508-699-4212  
140 East Bacon St. Plainville

### **Read This On-Line**

Our newsletter is published on the Senior Center section of the Town of Plainville website.  
Call us for any changes in your address or if you no longer would like to receive this newsletter.

### **NOTARY:**

The Senior Center offers notary services. Call the center to inquire availability. A donation to the center is suggested.

### **Project Reassurance - CALL**

This service could help keep you or your loved one safe. Do you or a loved one need a daily wellness phone call? In cooperation with the Police Dept, and volunteers, Project Reassurance is designed for seniors who live alone, or may have compromised health. A phone call is made each morning. If no one answers, or the phone is busy, a call back is repeated again a short time later. If no answer a second time, a first responder will check on the individual. Call the Senior Center to sign-up.

### **Food Assistance Benefits**

If you need SNAP (food stamps) benefits and an application, call the Dept. of Transitional Assistance Hotline 800-645-8333.

**Medical Equipment-** Provided by the Lions Club for Plainville seniors. Please call the center.

## **NUTRITION**

### **On-Site Meals**

Jean Taylor is the Meal Site Manager from HESSCO Elder Services. Lunch is served Monday through Friday at noon. A voluntary donation of \$3.00 is requested.

### **Meals on Wheels**

Nutritious meals are delivered to eligible seniors who are home-bound. Call HESSCO 781-784-4944.

Walkers, canes, transport chairs and wheelchairs are available for Plainville seniors to borrow. Please call the center. 508-699-7384

## **LEGAL**

### **Metro West Legal Services**

provides civil legal representation to older adults of low income.

**Call: 1-800-696-1501.**

OR An Attorney is available the last Monday of every other month. Call the Center for an appointment.

### **Safe at Home**

**Plainville senior residents can request home safety inspections. Please inquire at the center.**

## **HEALTHCARE ASSISTANCE**

**SHINE: 800-243-4636—PRESS 5**

**PRESCRIPTION ADVANTAGE:**

**800-243-4636 PRESS 3**

**PHARMACY OUTREACH**

**PROGRAM: 866-633-1617**

**MEDICARE: 800-633-4227**

**MEDICARE ADVOCACY:**

**(COMPLAINTS) 866-778-0939**

## **TRANSPORTATION**

### **SENIOR CENTER BUS**

**Call (508) 699-7384 EXT 4**

**Plainville seniors age (60+) and disabled Plainville residents**

**Donation Fare: \$1.75 one way**

The bus offers curbside transportation to the senior center, local medical appointments, grocery shopping, banking and the hairdresser. Earliest pick-up is 9:00am - earliest appointment scheduled is 9:30am. Medical appointments take priority over shopping trips. Please schedule 24 hours in advance. Wheelchair riders must be accompanied by a companion. For shopping trips, you may only purchase what you can carry in one trip. Please call the center if your appointment is cancelled or has changed.

**Elder abuse is illegal. If you or someone you know may be abused or neglected, call the Elder Abuse Hotline at 800-922-2275  
NEW HOPE DOMESTIC VIOLENCE 800-323-4673**

**DAILY: PROGRAMS ARE FOR EVERYONE—THERE ARE NO PRIVATE GAMES OR GROUPS. ALL ARE WELCOME TO JOIN IN**

**HOT LUNCH IS PROVIDED THROUGH HESSCO \$3.00 REQUESTED DONATION – please sign up 781-784-4944 to order your meal or call the center 508-699-7384**

**CARDS, BOARD GAMES, PUZZLES, COFFEE, TEA, AND SNACKS ARE AVAILABLE EVERY DAY**

**MONDAYS:**

**ASK A NURSE 10:30-11:30AM (LAST MONDAY OF MONTH)**

**METROWEST LEGAL (LAST MONDAY OF MONTH EVERY OTHER MONTH)**

**DEEP BREATHING FOR STRESS 9:30—15 MINUTES, NO COST**

**HULA HOOP— 10:00AM \$2 THIS IS JUST FOR FUN– YOU DO NOT HAVE TO KNOW HOW TO HULA HOOP—IT’S LAUGHS AND EASY EXERCISE**

**CRIBBAGE 12:30-3:00**

**TUESDAYS:**

**CHAIR YOGA 9:30AM \$3/CLASS**

**SHINE (BY APPOINTMENT) 9:00-12:00PM**

**TABLE TENNIS 12:00-2:00PM**

**SCRABBLE 12:30-3:00PM**

**KNITTING 10:45-11:45AM**

**WEDNESDAYS:**

**INDOOR WALKING: for beginners 9:30am 20-30 minutes maximum.**

**PAINTING- 10:00-12:00pm**

**Socialize and paint on your own. No cost.**

**THURSDAYS:**

**SENIOR FITNESS 9:30AM-10:30AM (ALL LEVELS) \$2/class Stretches and movements with a video and on-site guidance. Good for balance.**

**STRENGTH & RESILIANCE 1:00pm \$2 Stretch and strengthen your muscles with bands and more!**

**FRIDAYS:**

**MAH JONG 12:15-3:00PM**

**BINGO 12:15-3:00PM**

**EACH MONTH -**

**Joe’s Computer Last Thursday of the month —Free technology help**

**Manicures by Salon Rouge on the first Thursday of the month: \$12/manicure Sign up at the center 10:00-12PM**

**Book Club 1:15pm first Wed of each month—lower level.  
Books available at the town library.**

**Chair Massage— (March 5th, 19th & April 2nd & 16th) 15 mins for \$10 Sign up required**

**Trivia Games! - 2nd Thursday of the month. 1:00pm Sign up please.**

**St. Patrick's Day Luncheon**  
**Wednesday, March 12th 11-1:00pm**

Gourmet lunch by Chef Kyle of Lake Pearl  
Corned Beef dinner with all  
the sides. Drinks and dessert  
will be provided. Live music  
by Mike Cavanaugh  
\$15 dine in or take out  
Sign up required



**Monday, March 17th 11:00AM**

**Let's Tour Ireland on St. Patrick's  
Day, No passport required!**

Come to the Senior Center, sit back,  
and enjoy a virtual walk through Ireland live! We  
have a private tour with a live guide who will walk  
you through Ireland. Sign up is required.  
Snacks will be provided. No cost.



**Date TBD— PIZZA LUNCH & LEARN**  
**Joyful Living and PACE**

Sydney Marchand from Joyful Living and Eileen Rice of PACE will  
present their respective businesses regarding Adult Day pro-  
grams and All-inclusive Care for the elderly.

You will learn what these programs can offer, who is eligible and  
how to enroll for both services. You will learn the benefits of these programs, and the rela-  
tionship with PACE and Adult Day Health.





**WEDNESDAY, MARCH 26TH  
10:00AM**

**MEET JEFF KINNEY!**

The world renowned author behind Wimpy Kid Diaries! He's Plainville's hometown hero. We will learn about his journey and have a chance to ask him questions about his endeavors. Snacks and refreshments will be served. Sign up.



**DIARY  
Wimpy Kid**

**Friday, March 7 12:30pm Introducing Dollar Tree Bingo!**  
Once a month Amy Grover from Chapel Hill Assisted Living will be here to host a bingo game with fun prizes from the Dollar Tree. It's fun to play and fun to win!



**Tuesday, April 15th 9:40-10:40 AM**

**Play Bingo with the 2nd Graders at the Jackson School**

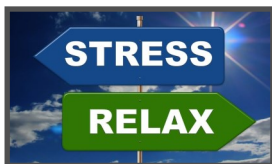
**Make a difference in a student's life and play bingo with the students of the Jackson**

**School. They enjoy playing with seniors and you can win great prizes! Coffee will be available.**

**Wednesday, April 23rd at 11:00AM**

Norfolk County Sheriff's Office will be here to inform you of the latest frauds and scams. Knowledge is power so arm yourself with the wisdom to detect a scam. Sign up please.

**SCAM ALERT!**



**Pamper Yourself at the Senior Center!**

**Chair Massage \$10 for 15 minutes - First Wed of month**

**Manicures \$12 First Thursday of month by appointment only**

**Grief Discussion Group at Plainville Senior Center  
(led by Stacey Powell, Outreach Coordinator)**

**Thursday, 10:30-11:30 March 6th & March 20th, April 3rd & April 17th**

A discussion group may help you move through the grief process knowing you're not alone. This group is a safe, welcoming place where people understand the difficult emotions of grief. Through discussion, you'll feel that you are supported, and discuss what is "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

**Play Trivia! Thursday (March 13 & April 10th) 1:00PM**

Have fun and pick your brain answering trivia questions. Who knows? You may win a great prize! No-cost. Sign up required.

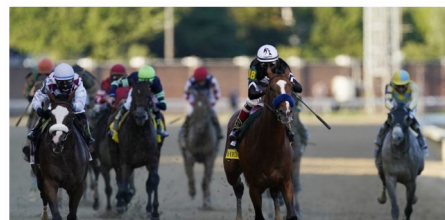


**SAVE THE DATE & SIGN UP EARLY!!**

**Thursday, May 1st  
11:30-1:30PM  
KENTUCKY DERBY PARTY  
WITH KENTUCKY FRIED  
CHICKEN AND GAMES!**

Join in on the fun and fabulous day of simulated races at Plainville Senior Center. Win prizes, have a great lunch, and wear your derby clothes and hats! \$10/pp. Space is limited, sign up early!

  
**KENTUCKY  
DERBY**



# Sunday, March 9th—Clocks move 1 hour ahead.

***Did you know Arizona and Hawaii don't observe Daylight Savings time?***



## VOLUNTEERS NEEDED AT THE SENIOR CENTER!

Do you know that one of the best ways to make yourself happy is to give your time to help others? Do you have a few extra hours a day, a week, a month? Whatever you can do, we can find a place for you to help at the senior center. Stop by and inquire!

**Who knew? Spring fever is a real syndrome. When the temperature rises during the warm spell after a long winter, there is a dilation of the blood vessels so blood can be carried to the body surface where heat can be lost quickly. People experience an energetic feeling when this happens.**



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!



**Why did the deer get braces?**  
He had buck teeth.



That's an old photo

**What can you find in the middle of April and March but not at the beginning or end of either?**

***The letter R***



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North Attleboro  
508.643.4414



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9 School Street  
Plainville, MA 02762

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Plainville residents: If your address has changed or you would no longer like to receive the newsletter by mail, please call us at 508-699-7384.

For our out-of-town friends, newsletters can be viewed online by:

- ♦ Go to the Town of Plainville Massachusetts website [www.Plainville.MA.US](http://www.Plainville.MA.US)
- ♦ Under Government select Council on Aging
- ♦ Click on "Newsletters"

## PLAINVILLE COUNCIL ON AGING / SENIOR CENTER

### *Welcome*

The Plainville Council on Aging is a place of community and acceptance; we welcome all seniors to enjoy the Center's activities, meals, events or simply the company of other seniors. All seniors are invited to join together as a united community.

### *Who Are We*

The Plainville Council on Aging/ Senior Center staff are here to assist with questions and social service needs of citizens age (60+). The Center is operated by a small staff and numerous volunteers who give their time and talent so generously.

### *Our Purpose*

The Council on Aging / Senior Center provides a welcoming place for companionship, recreation, educational programs, meals and activities. We can provide seniors referrals and information for other services. The center provides community programs, transportation and is a congregate meal site. Our goal is to provide access to services, resources and programs that promote the health and well-being of all senior citizens.